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Awake Mind Mindfulness Newsletter Spring 2011



Dear Julie,

Hope you are thriving in your life and work. Since the first session of my advanced training "Mindfulness, Meditation and EMDR" in September, 2009, participants have been asking for ongoing communication and information. Here it is!

This is the first quarterly newsletter devoted to interesting developments with mindfulness in psychotherapy. Every issue will highlight some of the latest research, give you new resources, and include the schedule of my future trainings. Please forward the newsletter to friends and colleagues who might be interested, and certainly unsubscribe at any time if you would prefer not to receive it.

Best regards,
Julie Greene

Mindfulness in Psychotherapy Research

Here are 3 research studies showing positive impacts of mindfulness on brain structure and physiology. Future newsletters will focus on other areas of mindfulness research, such as addictions, depression, eating disorders.

Holzel, B., et al. *Mindfulness practice leads to increases in regional brain gray matter density.* *Psychiatry Research: Neuroimaging* 191 (2011) 36-43.
[Link to short summary at Science Daily.](#)

Luders, E., et al. *The underlying anatomical correlates of long-term meditation: Larger hippocampal and frontal volumes of gray matter.* *Neuroimage* 45 (2009) 672-678.
[Link to short summary at UCLA News.](#)

Jacobs, T.L., et al. *Intensive meditation training, immune cell telomerase activity, and psychological mediators.* *Psychoneuroendocrinology* (2010)
doi:10.1016/j.psyneuen.2010.09.010.
[Link to short summary at UC Davis News.](#)

Mindfulness Resources

Audio

The Mindful Way through Depression. Mark Williams, John Teasdale, Zindel Segal & Jon Kabat-Zinn. Boulder, CO: Sounds True. [more info](#)

Mindfulness and the Brain: A Professional Training in the Science and Practice of Meditative Awareness. Jack Kornfield and Daniel Siegel (2010). Boulder, CO: Sounds True. [more info](#)

Matthieu Ricard lecture at UBC on May 20, 2010 about meditation and neuroplasticity research. Free at You Tube. [more info](#)

Books

Perfect Love, Imperfect Relationships: Healing the Wound of the Heart. John Welwood. (2007). Boston: Trumpeter. [more info](#)

Work, Sex, Money: Real Life on the Path of Mindfulness. Chogyam Trungpa (2011).

Boston: Shambhala. [more info](#)

Moody Cow Meditates. Kerry Lee MacLean (2009). Boston: Wisdom Publications.
(Children's book with wonderful theme and mindfulness ideas.) [more info](#)

Possible Meditation Retreat Locations

[Garrison Institute](#) (NY)

[Insight Meditation Society](#) (MA)

[Shambhala Mountain Center](#) (CO)

[Spirit Rock Meditation Center](#) (CA)

[Tassajara](#) (CA)

[Upaya Zen Center](#) (NM)

Mindfulness, Meditation & EMDR

Advanced EMDR Workshop: 12 CEUs
with Julie Greene, LPC
-- *let your friends and colleagues know --*

Boulder, Colorado

October 21-22, 2011 (Friday & Saturday)

Tampa, Florida

January 27-28, 2012 (Friday & Saturday)

Regular Fee: \$350. Early Bird: \$300.
(Limited to 24 participants so register early)
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Awake Mind, LLC | PO Box 1026 | Crestone | CO | 81131-1026